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Foundations of Writing - Dr. Sherry

9/30/13

                                       How Working and Nonworking Students Manage Their Time

**Problem**

Though many are going through similar changes and struggles, one has individual ways of adapting to it. Some have trouble balancing time and keeping their busy lives organized. Others may very easily manage academics and social life. One example is having jobs while being a college student. How do college students who have a job balance schoolwork and social life all together? I tried to answer this question by finding articles on the matter and also interviewed students with jobs to find more information straight from the source.

**Background**

The authors studied the effects of having a job as a college student. They also analyzed advantages, disadvantages, anxiety, depression, and GPA differences based on having a job and attending school. Both authors surveyed students to get their information and formed statistics to back up their studies.(introduce)

In Lang’s Article(2012), he included a wide variety of information on working students. He found that there is a rising percentage of college students that were employed due to increased college tuition. 1/3 of students in a study said that work greatly interfered with schoolwork. There was less time to participate in co-curricular activities and socialize. Though they have less time, students with jobs had better grades than those who didn’t. Also, Lang found that working students that were motivated and organized managed their time well and were efficient.

In the second article by Mounsey, Vandehey, and Diekhoff(2013), they included information on anxiety, depression, and GPA influences based on working in college. They found that working students displayed more anxiety than non-working students. Many students chose to work for a number of reasons including opportunity, previous employment experience, and necessity and worries about post-graduation loans. 38% of students said working helped them uphold the quality of life they’re accustomed to. Some advantages found were a realistic depiction of the real world, skills gained for a future career, learning to manage time productively, and increasing self-awareness. Disadvantages found included financial difficulties, more pressure put on them, more likely to drop out or reduce course load, and suffering performances in the classroom. Statistics showed students working had higher GPAs than students not working.(insert) I found these articles to support my problem that students who have jobs are able to keep their grades up as long as they stay on track and are responsible.(interpret)

**Findings**

To find my own observations and opinions on the matter, I chose to interview students with jobs that could relate to the information I obtained because it was the best way to get the data I needed.(introduce) Both students I interviewed are freshman in college with jobs, working about 3 to 4 days a week. I asked both what the advantages and disadvantages were to having a job as a college student. Both said advantages were having extra money to go out and do things with friends or for hobbies. One also said since she works at a day care, she gets to deal with the field of work she hopes to one day take part in and have as a career. For disadvantages, they had similar responses. There isn’t as much time for a social life or to join clubs. Also homework can build up and is harder to keep up with. Time to hang out with friends is limited, making it harder to balance out their time for all of these things.(insert) These interviews showed me that the benefits are often professional, while disadvantages are often personal. This suggests to me that students are pretty well with making school a bigger priority than their social lives.(interpret)

**Conclusion**

In my own data, I learned that having a job in college is a good idea. Though time management can be hard, it’s a good trait to obtain and practice. Students with jobs are more likely to be prepared for a career in the long run. From the people I interviewed, they concluded that it makes it hard to hang out with friends and homework can build up.

I learned that most students that had a job benefitted from it. Though they needed good time management, they often had higher GPAs and were more successful and prepared in the long run for future careers. These data also proved that students with a job didn’t have time for co-curricular activities and socializing. Although students may have to sacrifice their social life, they often have higher academic achievements when they have a job.

**Sources**

LANG, K. BRANDON. "The Similarities And Differences Between Working And Non-Working Students At A Mid-Sized American Public University." College Student Journal 46.2 (2012): 243-255. SPORTDiscus with Full Text. Web. 29 Sept. 2013

MOUNSEY, REBECCA, MICHAEL A. VANDEHEY, and GEORGE M. DIEKHOFF. "Working And Non-Working University Students: Anxiety, Depression, And Grade Point Average." College Student Journal 47.2 (2013): 379-389. SPORTDiscus with Full Text. Web. 29 Sept. 2013.